



CULINARY

T.F. RIGGS HIGH SCHOOL

PIERRE

SOUTH DAKOTA

The MENU

MEDITERRANEAN CHICKPEA STACKED PASTA

16.99

A vegetarian-friendly chickpea spaghetti tossed in a Mediterranean sauce with blistered cherry tomatoes, feta cheese, Kalamata olives, and artichokes garnished with chiffonade basil, lemon zest and a twirled parmesan crisp

HONEY PORK SCALLAPINI

Crispy pan fried pork medallions and large diced potatoes served with a carrot puree and topped with a vibrant pesto chimichurri and broccoli alfalfa

RASPBERRY CITRUS CHEESECAKE

16.99

Creamy lime flavored cheesecake on a homemade graham cracker crust with lemon and raspberry curd garnished with fresh raspberries, crushed pistachios, shredded coconut, coral tuile, and an edible gold leaf

KNIFE SKILLS
LARGE DICE POTATOS
CHIFFONADE BASIL

T.F RIGGS

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Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Chickpea Flour Pasta		
Number of Portions	2	Portion Size	
Cooking Method(s)	Boil		
Recipe Source (MLA)	Samira. "How to make Chickpea Flour Pasta." Alpha Foodie, 30 March, 2021, alphafoodie.com/how-to-make-chickpea-flour-pasta/		

Ingredients	
Item	Amount
Chickpea Flour	2.75 oz.
Water	1.5 oz.
Xanthan Gum	¼ tsp.

Procedure
<ol style="list-style-type: none"> 1. Combine the flour and water and form a dough, kneading well to obtain a uniform texture. 2. Form into a ball and then set the dough aside in a bowl/in cling film for 10-15 minutes, to rest. 3. Divide the dough into 2 pieces and feed into the pasta machine, starting at the thickest section, until you reach the desired pasta thickness. 4. To shape the dough into tagliatelle noodles, roll the dough sheet, and then slice into the desired thickness. 5. To cook the pasta, boil for 7-8 minutes, until al-dente.

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Mediterranean Pasta Sauce		
Number of Portions	2	Portion Size	
Cooking Method(s)	Sautéing and Simmering		
Recipe Source (MLA)	Alice. "Mediterranean Pasta with Feta and Olives." <i>Skinny Spatula</i> , 26 Jan. 2022, skinnyspatula.com/mediterranean-pasta/ .		

Ingredients	
Item	Amount
Olive Oil	½ tbsp.
Red onion	½ large onion, finely diced
Garlic Cloves	1 large clove, finely chopped
Tomato Paste	¼ tbsp.
Dried Oregano	¼ tsp.
Dried Basil	¼ tsp.
Red Chilli Flakes	¼ tsp.
Cherry Tomatoes	3.5 oz.
Fresh Parsley	½ tbsp.
Kalamata Olives	0.875 oz.
Artichokes	0.875 oz.
Feta Cheese	0.875 oz.
Fresh Basil	2-3 Leaves, roughly shredded
Lemon	½ Lemon, zested & lightly juiced
Black Pepper	TT
Salt	TT

Procedure
<ol style="list-style-type: none"> 1. Heat the olive oil in a large pan and saute the red onion for 2-3 minutes over medium heat. 2. When the onion has softened a bit and the cherry tomatoes have blistered, stir in the garlic and continue to cook for another minute until fragrant, and season with salt & pepper.

3. Stir in the tomato paste, dried oregano, dried basil and red chili flakes.
4. Allow the sauce to simmer for a minute, then stir in the fresh parsley, Kalamata olives and artichokes.
5. Add a dash of pasta water if the sauce looks too thick, and then stir in the feta cheese. Add a small amount of lemon juice. Add the cooked linguine to the pan and toss gently until they're well covered in sauce.
6. Sprinkle the fresh basil and lemon zest on top, season with salt and freshly ground black pepper, divide into bowls and serve immediately.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Mediterranean Pasta Sauce		
Number of Portions	2	Portion Size	

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Olive Oil	25.5 oz.	\$7.97	\$0.313	½ tbsp.	\$0.078
Red onion	16 oz.	\$1.14	\$0.071	½ large onion	\$0.188
Garlic Clove	16 oz.	\$4.74	\$0.296	1 large clove	\$0.052
Tomato Paste	6 oz.	\$0.98	\$0.163	¼ tbsp.	\$0.02
Dried Oregano	0.87 oz.	\$1.12	\$1.287	¼ tsp.	\$0.054
Dried Basil	0.8 oz.	\$1.12	\$1.4	¼ tsp.	\$0.059
Red Chilli Flakes	1.75 oz.	\$1.44	\$0.823	¼ tsp.	\$0.035
Cherry Tomatoes	9 oz.	\$4.13	\$0.459	3.5 oz.	\$1.606
Fresh Parsley	0.5 oz.	\$1.98	\$3.96	½ tbsp.	\$0.99
Kalamata Olives	6 oz.	\$3.97	\$0.662	0.875 oz.	\$0.579
Artichokes	5 oz.	\$2.74	\$0.548	0.875 oz.	\$0.480
Feta Cheese	5 oz.	\$2.88	\$0.576	0.875 oz.	\$0.504
Fresh Basil	0.5 oz.	\$1.98	\$3.96	2-3 Leaves	\$1.98
Lemon	Each	\$0.58	\$0.58	½ lemon	\$0.29
Black Pepper	5.8 oz.	\$5.23	\$0.902	TT	
Salt	26 oz.	\$0.72	\$0.028	TT	

Subtotal	\$6.915
1 % for small amounts of spices (Q Factor)	\$0.069
2 % for frying oil	N/a
Total Recipe Cost	\$6.98
Portion Cost	\$3.49

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Parmesan Crisp		
Number of Portions	2	Portion Size	0.75 oz.
Cooking Method(s)	Saute		
Recipe Source (MLA)	Homemade Recipe		

Ingredients	
Item	Amount
Shredded Parmesan Cheese	1.5 oz.

Procedure
<ol style="list-style-type: none"> 1. In a large skillet, place a parchment square and begin heating it. 2. Sprinkle shredded parmesan cheese in a thin, level line. 3. Once you begin to see color on the parmesan, place a second parchment square on the cheese, then flip it to get color on the other side. 4. After about 30 seconds, take off the heat and shape into a twirl using a cannoli form. 5. Remove when cool then use to garnish.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Parmesan Crisps		
Number of Portions	2	Portion Size	1.5 oz.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Shredded Parmesan Cheese	5 oz.	\$2.88	\$0.576	1.5 oz.	\$0.864

Subtotal	\$0.864
1 % for small amounts of spices (Q Factor)	N/a
2 % for frying oil	N/a
Total Recipe Cost	\$0.86
Portion Cost	\$0.43



Menu Price Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Category	• Starter	• Entree	• Dessert
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Recipe	Portion Cost
Pork Medallions	\$1.89
Honey Garlic Sauce	\$0.56
Pickled Red Onions	\$0.74
Home Fries	\$0.36
Carrot Puree	\$0.10
Chimichurri Pesto	\$0.79

Total Plate Portion Cost	\$4.44
Menu Price at 33% Food Cost	\$13.45
Actual Price on Menu	\$13.50

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Pork Medallions		
Number of Portions	3	Portion Size	4 oz.
Cooking Method(s)	pan-frying		
Recipe Source (MLA)	Vukicevic, Dragan. "Boneless Pork Chops (with Honey Garlic Sauce!)." Rasa Malaysia, 5 September 2019, https://rasamalaysia.com/honey-garlic-pork-chops/#wprm-recipe-container-749898 . Accessed 6 February 2024.		

Ingredients	
Item	Amount
pork tenderloin	1 lb.
salt	¼ tsp.
black pepper	¼ tsp.
vegetable oil	1 tbsp.
unsalted butter	1 tbsp.
garlic	2 tsp.
italian parsley	1 tsp.
flour	¼ C.

Procedure
<ol style="list-style-type: none"> 1. Trim fat and slice tenderloin into 1" thick rounds 2. Season pork with salt and pepper then coat in flour 3. Add oil and butter to the skillet over medium-high heat. Once the pan is hot add in pork medallions and cook for roughly 3 minutes on each side or until lightly golden.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Pork Medallions		
Number of Portions	3	Portion Size	4 oz.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
pork tenderloin	2.8 lb.	\$9.32	\$5.18/ lb.	1 lb.	\$5.180
flour	32 oz.	\$1.32	\$0.041/ oz.	1.06 oz.	\$0.044
vegetable oil	16 oz.	\$3.24	\$0.203/ oz.	0.5 oz.	\$0.101
butter	16 oz.	\$5.28	\$0.33/ oz	0.5 oz.	\$0.165
garlic	8 oz.	\$2.97	\$0.371/ oz.	0.167 oz.	\$0.062
italian parsley	2 oz.	\$0.98	\$0.49/ oz.	0.167 oz.	\$0.082
black pepper					
salt					

Subtotal	\$5.634
1 % for small amounts of spices (Q Factor)	\$0.05
2 % for frying oil	n/a
Total Recipe Cost	\$5.68
Portion Cost	\$1.89

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Honey Sauce		
Number of Portions	4	Portion Size	0.1 oz.
Cooking Method(s)	Caramelizing		
Recipe Source (MLA)	Vukicevic, Dragan. "Boneless Pork Chops (with Honey Garlic Sauce!)." Rasa Malaysia, 5 September 2019, https://rasamalaysia.com/honey-garlic-pork-chops/#wprm-recipe-container-749898 . Accessed 6 February 2024.		

Ingredients	
Item	Amount
Honey	2 ½ tbsp.
salt	¼ tsp.
cayenne pepper	1 ½ tsp.
apple cider vinegar	½ tsp.
warm water	2 tbsp.
butter	1 tbsp.

Procedure
<ol style="list-style-type: none"> 1. whisk together honey, salt, cayenne pepper, apple cider vinegar, and water in a bowl and set aside 2. melt butter in a pan over medium-high heat 3. add honey mixture to pan and stir until thickened

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Honey sauce		
Number of Portions	4	Portion Size	0.1 oz.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
honey	16 oz.	\$20.50	\$1.281/ oz.	1.25 oz.	\$1.602
water	128 oz.	\$1.34	\$0.010/ oz.	1 oz.	\$0.010
cayenne pepper	2.25 oz.	\$3.77	\$1.676/ oz.	0.25 oz.	\$0.419
butter	16 oz.	\$5.28	\$0.330/ oz.	0.5 oz.	\$0.165
apple cider vinegar	16 oz.	\$4.48	\$0.280/ oz.	0.09 oz.	\$0.025
salt					

Subtotal	\$2.221
1 % for small amounts of spices (Q Factor)	\$0.01
2 % for frying oil	n/a
Total Recipe Cost	\$2.231
Portion Cost	\$0.56

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Quick Pickled Red Onions		
Number of Portions	4	Portion Size	0.2 oz.
Cooking Method(s)	boiling		
Recipe Source (MLA)	“Quick Pickled Red Onions.” Gimme Some Oven, https://www.gimmesomeoven.com/quick-pickled-red-onions/ . Accessed 20 February 2024.		

Ingredients	
Item	Amount
large red onion	1
apple cider vinegar	$\frac{3}{4}$ C.
water	$\frac{1}{4}$ C.
fine sea salt	1 tsp.
granulated sugar	2 tbsp.

Procedure
<ol style="list-style-type: none"> 1. in a small saucepan, stir together vinegar, water, salt, and sugar. Cook over medium-high heat until mixture reaches a simmer 2. Place thinly sliced red onion in a mason jar. Pour hot vinegar mixture over onions, screw on lid, and shake lightly until evenly coated 3. marinate for 30 minutes and then serve

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Quick Pickled Red Onions		
Number of Portions	4	Portion Size	0.2 oz.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
large red onion	1 lb.	\$1.14	\$1.14/ lb.	1 lb.	\$1.140
apple cider vinegar	16 oz.	\$4.48	\$0.280/ oz.	6 oz.	\$1.680
water	16 C.	\$1.34	\$0.084/ C.	¼ C.	\$0.021
fine sea salt	4.4 oz.	\$1.27	\$0.289/ oz.	½ oz.	\$0.048
granulated sugar	20 oz.	\$2.12	\$0.106/ oz.	½ oz.	\$0.053

Subtotal	\$2.942
1 % for small amounts of spices (Q Factor)	n/a
2 % for frying oil	n/a
Total Recipe Cost	\$2.94
Portion Cost	\$0.74

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Home Fries		
Number of Portions	3	Portion Size	2 oz.
Cooking Method(s)	pan-frying		
Recipe Source (MLA)	Williams, Corey. "Quick and Easy Home Fries Recipe - Potato." Allrecipes, 13 March 2023, https://www.allrecipes.com/recipe/71803/quick-and-easy-home-fries/ . Accessed 6 February 2024.		

Ingredients	
Item	Amount
medium potato	5 oz.
butter	1 tbsp.
salt	
black pepper	

Procedure
<ol style="list-style-type: none"> 1. rinse cubed potato in cold water and drain well 2. melt butter in a skillet over medium heat. Place potato cubes in a pan and season with salt and pepper; mix well. Cover and cook for 10 min. 3. Remove the lid and cook, turning frequently, until brown and crisp on all sides, about 10 more minutes.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Home Fries		
Number of Portions	3	Portion Size	2 oz.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Potato	24 oz.	\$3.98	\$0.166/ oz.	5 oz.	\$0.829
butter	16 oz.	\$7.57	\$0.473/ oz.	0.5 oz.	\$0.237
salt					
pepper					

Subtotal	\$1.066
1 % for small amounts of spices (Q Factor)	\$0.01
2 % for frying oil	n/a
Total Recipe Cost	\$1.07
Portion Cost	\$0.36

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Carrot puree		
Number of Portions	8	Portion Size	0.4 oz.
Cooking Method(s)	boiling and steaming		
Recipe Source (MLA)	Gregory, Natalie. "SILKY SMOOTH CARROT PUREE - The Genetic Chef." - The Genetic Chef, 20 May 2019, https://www.thegeneticchef.com/carrot-puree/ . Accessed 5 February 2024.		

Ingredients	
Item	Amount
baby carrots	¼ lb.
water	¼ C.
unsalted butter	1 tbsp
kosher salt	¼ tsp.
lemon juice	2 tsp.

Procedure
<ol style="list-style-type: none"> 1. Slice the carrots crosswise about ¼-inch thick. 2. In a medium saucepan, place carrots, water, butter, and salt. Cook over high heat just until it starts to boil. Reduce the heat to low, cover, and continue to cook until the carrots are tender and soft - about 20 minutes. 3. Once carrots are tender and can be mashed with a fork, transfer to a blender with a slotted spoon. add about 2 tbsp of cooking water into the blender to start along with 1 tsp of lemon juice. 4. blend until smooth, adding more cooking water and lemon juice as needed. season to taste.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Carrot puree		
Number of Portions	6	Portion Size	0.4 oz.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
baby carrots	¾ lb.	\$1.96	\$1.47/ lb.	¼ lb.	\$0.368
water	16 C.	\$1.34	\$0.084/ C.	¼ C.	\$0.021
butter	32 tbsp.	\$7.57	\$0.237/ tbsp.	1 tbsp.	\$0.237
lemon juice	27 tsp.	\$0.98	\$0.036/ tsp.	2 tsp	\$0.073
kosher salt					

Subtotal	\$0.699
1 % for small amounts of spices (Q Factor)	\$0.01
2 % for frying oil	n/a
Total Recipe Cost	\$0.596
Portion Cost	\$0.10

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Chimichurri Pesto		
Number of Portions	5	Portion Size	0.1 oz
Cooking Method(s)	n/a		
Recipe Source (MLA)	Mills, Jackie. "Chimichurri Pesto Recipe." MyRecipes, https://www.myrecipes.com/recipe/chimichurri-pesto . Accessed 5 February 2024.		

Ingredients	
Item	Amount
flat-leaf parsley	½ C.
cilantro	½ C.
walnuts	¼ C.
grated parmesan cheese	¼ C.
lemon juice	1 tsp.
garlic	1 tsp. (one small clove)
salt	¼ tsp.
crushed red pepper	¼ tsp.
extra virgin olive oil	¼ C.

Procedure
<ol style="list-style-type: none"> 1. Process parsley leaves, cilantro leaves, walnuts, Parmesan cheese, lemon juice, garlic, salt, and red pepper in a food processor until finely chopped. With the processor running, pour olive oil through the food chute in a slow, steady stream, processing until smooth.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Chimichurri Pesto		
Number of Portions	5	Portion Size	0.1 oz.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
flat-leaf parsley	2 C.	\$0.98	\$0.490/ C.	½ C.	\$0.245
cilantro	2 C.	\$0.97	\$0.485/ C.	½ C.	\$0.243
walnuts	1 C.	\$3.28	\$3.28/ C.	¼ C.	\$0.820
Grated Parmesan	5 oz.	\$3.68	\$0.736/ oz.	1.05 oz.	\$0.773
lemon juice	27 tsp.	\$0.98	\$0.036/ tsp.	1 tsp.	\$0.036
garlic	48 tsp.	\$2.97	\$0.062/ tsp.	1 tsp.	\$0.062
extra virgin olive oil	2.1125 C.	\$14.97	\$7.086/ C.	¼ C.	\$1.772
dried crushed red pepper					
salt					

Subtotal	\$3.951
1 % for small amounts of spices (Q Factor)	\$0.01
2 % for frying oil	n/a
Total Recipe Cost	\$3.96
Portion Cost	\$0.79



Menu Price Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Category	• Starter	• Entree	• Dessert
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Recipe	Portion Cost
Mascarpone Cheesecake	\$1.011
Lemon Curd	\$0.738
Raspberry Curd	\$0.799
Graham Cracker Base	\$0.480
Tuile and Garnish	\$2.515

Total Plate Portion Cost	\$5.54
Menu Price at 33% Food Cost	\$16.80
Actual Price on Menu	\$16.99

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Mascarpone Cheesecake		
Number of Portions	2	Portion Size	n/a
Cooking Method(s)	n/a		
Recipe Source (MLA)	Sizemore, Nicki. "No-Bake Mascarpone Cheesecake Recipe: From Scratch Fast." From Scratch Fast Recipes from Scratch for Busy Cooks!, 25 Feb. 2022, fromscratchfast.com/no-bake-mascarpone-cheesecake/.		

Ingredients	
Item	Amount
Mascarpone Cheese	4 oz.
Granulated Sugar	1/8 C.
Heavy Cream	1 C.
Vanilla Paste	1/2 tsp.
Almond Extract	1/8 tsp.
Lime Zest	1 ct.
Lime Juice	1 tbsp.

Procedure

1. In a large bowl, beat the mascarpone and 1/4 cup of the sugar using hand beaters until fully incorporated.
2. In a separate bowl, combine the heavy cream, the remaining 3 tablespoons sugar, vanilla extract, almond extract and a pinch of salt. Using the same hand beaters (no need to wash them!), beat the mixture to soft peaks (the cream should look billowy and creamy but should hold a soft point - see the video above).
3. Scrape about one-third of the whipped cream into the mascarpone mixture and beat just until just combined (you don't want to overwork the mixture). Add another third of the mascarpone and use a rubber spatula to fold the whipped cream into the lightened mascarpone. Add the rest of the whipped cream and fold just until evenly combined (don't overwork the mixture, otherwise it could turn grainy).

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Mascarpone Cheesecake		
Number of Portions	5	Portion Size	

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Mascarpone	8 oz.	\$4.50	\$0.563/ oz.	4 oz.	\$2.252
granulated sugar	4 lb.	\$3.73	\$0.93/ lb.	0.055 lb.	\$0.051
Heavy Cream	32 fl oz.	\$5.67	\$0.177/ fl oz.	8.50 oz.	\$1.505
Vanilla Paste	2 fl oz.	\$7.60	\$3.80/ fl oz.	0.087 fl oz.	\$0.331
Almond Extract	2 fl oz.	\$4.82	\$2.41/ fl oz.	0.087 fl oz.	\$0.210
Lime Zest	1 lb.	\$2.98	\$2.98/ lb.	0.125 lb.	\$0.37
Lemon Juice	15 fl oz.	\$1.78	\$0.119/ fl oz.	2 fl oz.	\$0.238
Salt					

Subtotal	\$4.957
1 % for small amounts of spices (Q Factor)	\$0.096
2 % for frying oil	n/a
Total Recipe Cost	\$5.053
Portion Cost	\$1.011

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Lemon Curd		
Number of Portions	10	Portion Size	1 oz.
Cooking Method(s)	n/a		
Recipe Source (MLA)	Kanell, John. "Lemon Curd." Preppy Kitchen, 10 Mar. 2021, preppykitchen.com/lemon-curd/#recipe .		

Ingredients	
Item	Amount
Granulated Sugar	½ C.
Lemon Zest	1 tbsp.
Eggs	3 ct.
Lemon Juice	¼ C.
Butter	4 tbsp.

Procedure

1. Separate the yolks from the whites. You can freeze the egg whites for later or make a Swiss meringue buttercream with them!
2. Zest the lemons. If you have a food processor handy I like to pulse the lemon zest and sugar together to really extract all the oils from them but this step is not a must.
3. Juice the lemons until you have about half a cup of lemon juice. Don't forget to strain out the seeds.
4. Strain egg yolks into a pot and beat lightly with a wire whisk. Whisk in the sugar and give it a good mix until lighter in color. Stir in lemon juice gradually.
5. Heat on low, while stirring constantly with a wire whisk until mixture thickens, just starts to bubble and coats the back of a wooden spoon.
6. Remove pot from heat, then add the cold, cubed butter and mix until melted.
7. This is optional but I like to strain the final mixture to remove any bits of zest, etc. The final curd will be SILKY SMOOTH and amazing.
8. Transfer the curd to a sealable container or bowl. If string in a bowl make sure to cover the surface with plastic wrap to prevent a skin from forming.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Lemon Curd		
Number of Portions	3	Portion Size	3 oz.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Granulated Sugar	4 lb.	\$3.73	\$0.93/ lb.	0.220 lb.	\$0.205
Lemon Zest	1 ct.	\$0.58	\$0.58/ ct.	1 ct.	\$0.58
Eggs	18 ct.	\$4.12	\$0.23/ ct.	3 ct.	\$0.69
Lemon Juice	15 fl oz.	\$1.78	\$0.119/ fl oz.	2 fl oz.	\$0.238
Butter	16 oz.	\$3.98	\$0.25/ oz.	2 oz.	\$0.50

Subtotal	\$2.213
1 % for small amounts of spices (Q Factor)	n/a
2 % for frying oil	n/a
Total Recipe Cost	\$2.213
Portion Cost	\$0.738

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Raspberry and Pineapple Curd		
Number of Portions	n/a	Portion Size	2 C.
Cooking Method(s)	n/a		
Recipe Source (MLA)	Sam, Buttermilk by. "Raspberry Curd: Buttermilk by Sam." Raspberry Curd, 14 Feb. 2023, buttermilkbysam.com/raspberry-curd/#wprm-recipe-container-5514 .		

Ingredients	
Item	Amount
frozen raspberries	2 ½ C.
lime	1 ct.
fresh pineapple juice	¼ C.
granulated sugar	¾ C. & 2 tbsp.
eggs	3 ct.
butter	6 tbsp.

Procedure
<ol style="list-style-type: none"> 1. Set out two bowls, one with the butter in it and one with a fine mesh sieve over it. 2. Place the frozen raspberries, the zest and the lemon juice in a small pot. Cook on medium to low heat until the raspberries soften and burst and it's mostly liquid. 3. Press the raspberry mix through the fine mesh sieve to remove the seeds and zest, scraping the bottom of the sieve. You should have ¾ cup raspberry lemon juice. Discard the seeds and rinse the sieve and pat dry, and set it over the bowl with the butter in it. 4. Return the raspberry juice to the pot and add the sugar and stir. The mix should have cooled quite a bit by now, if it's hot, wait a bit. Whisk in the eggs (and starch if using) then return the pot to the stove, cooking at medium heat and whisking until the curd is thick at the bottom and covers the back of a wooden spoon or rubber spatula. 5. Pour the curd through the sieve and press to get as much curd out as possible, scraping the bottom of the sieve. Stir the curd and the butter until the butter is fully melted and you have a shiny, smooth curd. Transfer to a mason jar and chill, then store in the fridge. The curd will become more tart-tasting and stronger in flavor as it chills.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Raspberry and Pineapple Juice		
Number of Portions	4	Portion Size	½ C.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
raspberries	12 oz.	\$3.98	\$0.32/ oz.	4.69 oz.	\$1.50
lime	1 lb.	\$2.98	\$2.98/ lb.	0.125 lb.	\$0.37
pineapple juice	36 fl oz.	\$3.98	\$0.11/ fl oz.	1.00 oz.	\$0.11
granulated sugar	4 lb.	\$3.73	\$0.93/ lb.	0.165 lb.	\$0.15
eggs	18 ct.	\$4.12	\$0.23/ ct.	3 ct.	\$0.69
butter	16 oz.	\$3.98	\$0.25/ oz.	1.50 oz.	\$0.375

Subtotal	\$3.195
1 % for small amounts of spices (Q Factor)	n/a
2 % for frying oil	n/a
Total Recipe Cost	\$3.195
Portion Cost	\$0.799

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Graham Cracker Base		
Number of Portions	1	Portion Size	
Cooking Method(s)	n/a		
Recipe Source (MLA)	Sam. "Kitchen Tips: Easy Graham Cracker Crust Recipe." Sugar Spun Run, 5 Jan. 2023, sugarspunrun.com/graham-cracker-crust-recipe/#recipe .		

Ingredients	
Item	Amount
Graham Cracker Crumbs	¾ C.
Butter	3.5 tbsp.
Brown Sugar	1 tbsp.
Granulated Sugar	1 tbsp.

Procedure
<ol style="list-style-type: none"> 1. Pulverize graham crackers in a food processor until finely ground into crumbs (skip this step if starting with graham cracker crumbs). 2. Stir together graham cracker crumbs and sugars in a medium-sized bowl. Add melted butter and use a fork to combine ingredients well until crumbs are all moistened.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Graham Cracker Base		
Number of Portions	5	Portion Size	

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Graham Cracker Crumbs	13.5 oz.	\$3.23	\$0.239/ oz.	6 oz.	\$1.434
Butter	16 oz.	\$3.98	\$0.25/ oz.	1.75 oz.	\$0.438
Brown Sugar	32 oz.	\$2.34	\$0.073/ oz.	0.5 oz.	\$0.037
Granulated Sugar	4 lb.	\$3.73	\$0.93/ lb.	0.5 oz.	\$0.465
salt					

Subtotal	\$2.374
1 % for small amounts of spices (Q Factor)	\$0.024
2 % for frying oil	n/a
Total Recipe Cost	\$2.398
Portion Cost	\$0.480

Recipe Worksheet

State Name	South Dakota – TF Riggs
Educator Name	La Kisha Jordan

Menu Item	Tuile and Garnish		
Number of Portions	1	Portion Size	
Cooking Method(s)	frying		
Recipe Source (MLA)	Studio, Chef. "Coral Lace Tuiles ." Chef Studio - Better, More Creative, Food & Cooking Content, 12 Sept. 2020, chef.studio/coral-lace-tuiles/.		

Ingredients	
Item	Amount
Olive Oil	1 tbsp.
Flour	1 tbsp.
Pistachios	2 tbsp.
Raspberry Powder	1 tsp.
Coconut	1 tbsp.
Fresh Raspberries	3 ct.
Gold Flakes	¼ tsp

Procedure
<ol style="list-style-type: none"> 1. Mix ingredients together to form thin batter. Place in a container that's easy to pour from. In a small non-stick pan, add a good amount of oil to cover the base of the pan. 2. Pour in a small amount of batter. The mixture will fry and separate and begin to look like lace. Tuiles are done when they look matte. Remove and place on a paper towel to absorb excess grease.

Recipe Cost Worksheet

State Name	South Dakota – TF Riggs		
Educator Name	La Kisha Jordan		
Menu Item	Tuile		
Number of Portions	1	Portion Size	

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Olive Oil	16 fl oz.	\$8.23	\$0.54/ fl oz.	0.5 fl oz.	\$0.27
Flour	5 lb.	\$2.43	\$0.49/ lb.	0.276 lb.	\$0.135
Pistachios	12 oz.	\$10.38	\$0.87/ oz.	1 oz.	\$0.87
Raspberry Powder	4 oz.	\$9.56	\$2.39/ oz.	0.18 oz.	\$0.430
Shredded Coconut	7 oz.	\$1.82	\$0.26/ oz.	0.50 oz.	\$0.13
Fresh Raspberries	6 oz.	\$3.27	\$0.545/ oz.	1 oz.	\$0.545
Gold Flakes	0.65 oz.	\$3.98	\$6.12/ oz	0.022 oz.	\$0.135

Subtotal	\$2.515
1 % for small amounts of spices (Q Factor)	n/a
2 % for frying oil	n/a
Total Recipe Cost	\$2.515
Portion Cost	\$2.515